

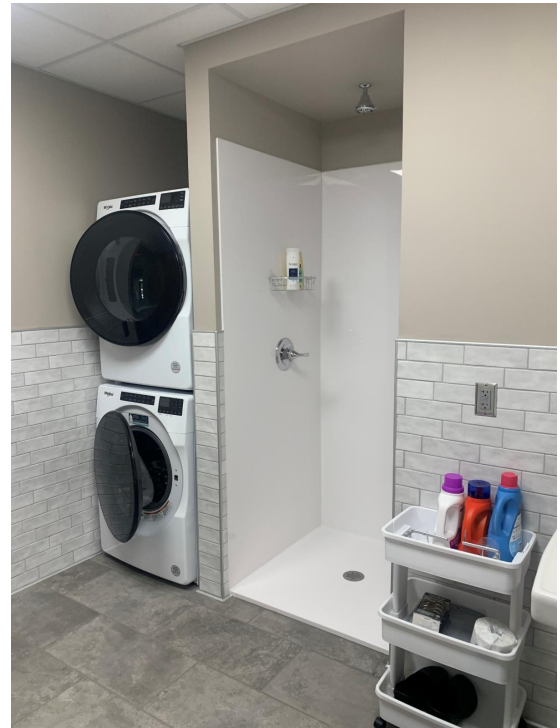


**Public Health**  
Prevent. Promote. Protect.  
Barton County Health Department

Laboratory  
Services

Services We  
Provide

## Health Department Bathroom Renovation Completion!



**What benefits do employees get when they practice mindfulness?**



## What does mindfulness offer employees?

It's a common misconception that mindfulness means attaining a level of momentary peace that inevitably gets dashed against the more stressful realities of our routines. In fact, the benefits of mindfulness last well beyond the time spent practicing it!

One study shows that participants in a seven-week period of mindfulness training retained significant benefits even four years after the fact. What's more, the benefits of mindfulness actually shine brightest against a demanding backdrop like the workplace.

Here's what increased mindfulness can offer your team:

### **Increased happiness and well-being**

Simply put: it feels good to be present. Not only that, but that happiness is proven to extend beyond the moment and ripple throughout daily life.

### **Improved focus**

Research has shown that 47% of our time is spent with a wandering mind. That time spent with unfocused, drifting thoughts contributes directly to increased unhappiness—especially at work, where people are counting on you to be productive. Cultivating mindfulness, even briefly, helps sharpen focus in a lasting way.

### **Enhanced creativity**

There's been quite a bit of published literature showing the positive link between mindfulness and creativity. In short, when your mind is clear and receptive, new and original ideas tend to come easier. In the workplace, this can have applications anywhere from problem-solving, to decision-making, to creative work (go figure).

### **Strengthened resilience and stress management**

Mindfulness is proven to increase resilience to stress at a time when 40% of U.S. adults have had pandemic-related stress affect their mental health. What's more, Calm's mindfulness exercises help support well-being by reducing stress itself.

### **More emotional balance**

Emotions play a big role in the workplace. Cultivating mindfulness improves emotional processing in your team—meaning they'll be less susceptible to emotional intensity and bias.

### **Improved sleep**

Quantity and quality of sleep both heavily play into determining mental well-being, and can massively impact the workday. Mindfulness meditations can help significantly improve sleep quality and keep trudging workdays at bay.

### **Better work relationships**


















Finally, when these aforementioned benefits are shared across your whole team—the result is

smoother collaboration, better communication, and a happier collective.



# MAY

# 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	01	02  Prenatal Breastfeeding Class @9:00AM  Becoming a Mom Class	03	04	05  CINCO MAYO	06
07  NATIONAL PREVENTION WEEK	08 	09  Becoming a Mom Class	10  Breastfeeding Support Group @ 3:00PM Barton County Comm'r Meeting	11 	12 	13 SAVE THE DATE <b>MAY 7-13</b> 2023
14  HAPPY Mother's DAY	15	16  Becoming a Mom Class	17  Breastfeeding Support Group @ 1:30PM Barton County Comm'r Meeting	18	19	20
21	22	23  Becoming a Mom Class	24  Prenatal Breastfeeding Class @ 2:00PM Barton County Comm'r Meeting	25  SUMMER CELEBRATION Opening Day Farmers Market 4-7PM	26	27
28	29  MEMORIAL DAY	30	31  MEETING Barton County Commissioners Meeting 9:00AM			



# What is Home Visiting



Universal Home Visiting Program is an education home visiting program that provides prenatal and postpartum support to caregivers and their families in Barton County with no out-of-pocket expense to participants. Registered nurses and community liaisons provide education and family support through home and office visits.

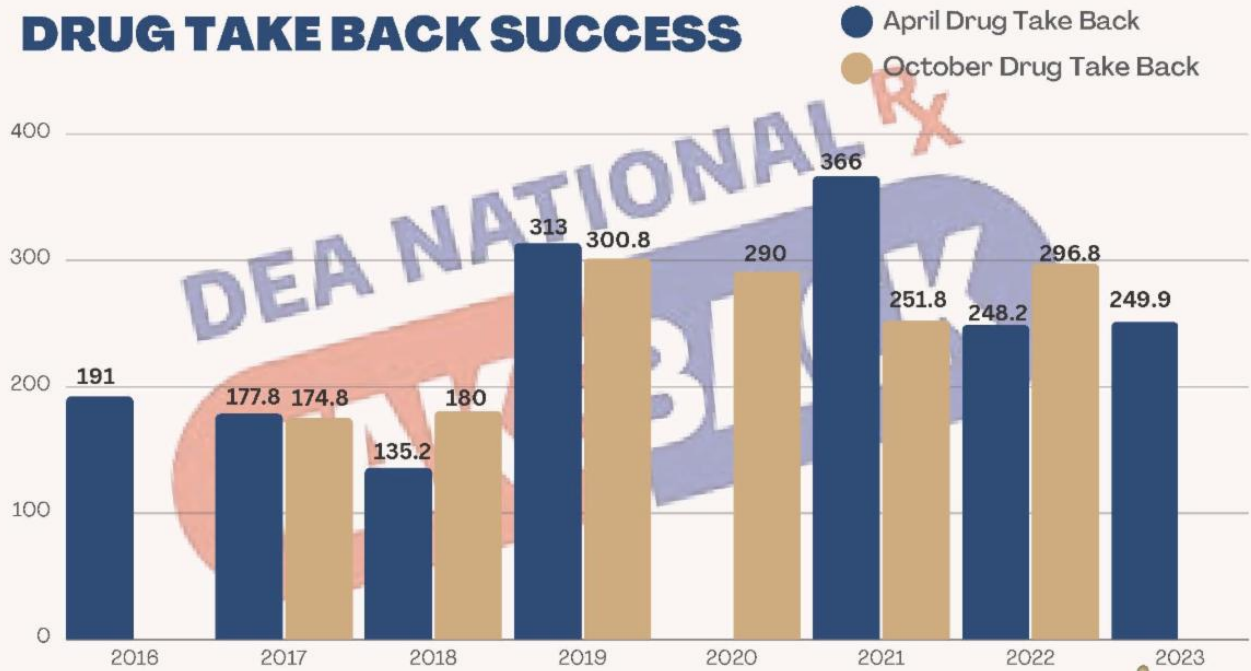
How do you sign up?

Complete a phone self-referral by calling (620) 793-1902

---

**Drug Take Back Success**

# DRUG TAKE BACK SUCCESS



Barton County  
Public Health



**TOTAL- 3,175.3 POUNDS**  
**STARTING IN 2016**



## May National Bike Month

LEAGUE OF AMERICAN BICYCLISTS  
*presents*  
**BIKE MONTH**  
MAY 2023  
[BIKELEAGUE.ORG/BIKEMONTH](http://BIKELEAGUE.ORG/BIKEMONTH)

More Information

# MONTHLY PUBLIC HEALTH UPDATE

From Health Department Director Karen Winkelman

**Barton County  
Public Health**



May is definitely a month to celebrate. From May Day on May 1<sup>st</sup> to National Smile Day on May 31<sup>st</sup>, May is a month about fresh starts and new beginnings. The transition from dark to light, from winter to summer, from nothing to something.

Check out a few highlights happening in your health department and in your community:

- **May Day May 1<sup>st</sup>** – This is a day of unity, togetherness, and rebirth. A day for everyone to come together and celebrate life as we know it! Consider a tradition of leaving a paper basket with spring flowers on your neighbor’s doorsteps.
- **Mother’s Day May 14** – Mother’s Day is a holiday honoring motherhood that is observed in different forms throughout the world. It is a time to appreciate all kinds of mothers.... from birth mothers to foster mothers, from godmothers to grandmothers.
- **Memorial Day May 29** – Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military. This is a time to reflect on the men and women who gave it all for us.
- **National Smile Day May 31** - 😊 One smile to a person who needs it can lift their day and put them in a better mood. Smiles can forge empathy between people and can cause the person doing the smiling to feel better!
- **Renovation Update** – COMPLETE! Check out photos in this newsletter.
- **Job Openings** – New Position!! We are now hiring LPN’s! We invite you to become a part of our team to ensure that conditions are favorable in which everyone can be healthy! (Find link to current job opportunities in this newsletter.)
- **Advisory Committee Openings** – Join our team! Be a public health advocate! Consider applying for one of two open positions on our current committee. (Find link to application in this newsletter.) This committee meets monthly to assess programs, to share local area needs, to become familiar with funding sources, to offer input on improvements to services, to be aware of legislation affecting public health, etc.

Explore additional information regarding these highlights and more in the featured articles in this newsletter!

Please feel free to visit the department in person or call  
@ 620-793-1902 if you have any questions.

As always, thank you for your support of Public Health!

---

**Barton County Health Department and Courthouse**

# donations for Denim Day!



## Pineapple Smoothie Ingredients

- 1 cup cubed fresh or drained canned pineapple
- $\frac{1}{4}$  cup frozen pineapple-orange-juice concentrate
- $\frac{1}{2}$  cup nonfat vanilla yogurt
- $\frac{1}{4}$  cup water
- 2 ice cubes, crushed

## Directions

1. Combine pineapple, pineapple-orange-juice concentrate, yogurt, water and ice cubes in a blender; blend until smooth and frothy. Serve immediately.

**GET YOUR LIFE BACK**



**MY LIFE  
MY QUIT**

**QUIT VAPING NOW**

Learn  
More



**Your reason to quit gets bigger every day.**

**Did you know the Kansas Tobacco Quitline has a special, free program for pregnant moms?**

**Pregnancy & Post-Partum Quit Program**

- \$30 Mastercard gift card mailed to your house after each coaching call completed- *Limited time only!*
- Up to 5 coaching calls during pregnancy and 4 coaching calls post-partum.
- Resources designed specifically to help pregnant moms quit.

For free help to quit smoking and vaping, call 1-800-QUIT-NOW (784-8669).



**BCHD HEALTH ADVISORY COMMITTEE**

**BARTON COUNTY IS ACCEPTING APPLICATIONS FOR TWO FULL TERMS ON BARTON COUNTY HEALTH ADVISORY COMMITTEE UNTIL THE POSITIONS ARE FILLED.**



The Health Advisory Committee shall provide guidance, recommendations, and assistance to the Barton County Health Department staff.

Membership requirements may include allied health or the animal health field. The uncompensated position's term is December 31, 2025.

**Return the signed application to the Human Resource's Office:**  
by mail to: 1400 Main, Room 107,  
Great Bend, KS 67530  
or scan and email  
to [dwatson@bartoncounty.org](mailto:dwatson@bartoncounty.org)

Application





## Barton County Health Department



- Public Health Nurse, RN
- Public Health LPN
- Social Worker
- Breast Feeding Peer Counselor/  
Healthy Start Home Visitor

*If you are interested, please find more information on open positions at [www.bartoncounty.org](http://www.bartoncounty.org)*

[Full Job Descriptions](#)

[Application](#)

### Barton County Health Department

1300 Kansas Ave.,  
Great Bend, KS 67530  
+1 620-793-1902

[Contact Us](#)



**Public Health**  
Prevent. Promote. Protect.  
Barton County Health Department

Barton County Health Department | 1300 Kansas Ave., Great Bend, KS 67530 6207931902

[Unsubscribe ksigler@bartoncounty.org](mailto:ksigler@bartoncounty.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [ksigler@bartoncounty.org](mailto:ksigler@bartoncounty.org) in collaboration with



Try email marketing for free today!